

# Paddleboard Classes



**Finch Park 15 Paul Beck Rd.**

## **Paddleboard** *(Beginner and Up)*

**4/30 Saturday 11am—1pm**

Registration ends Monday, April 25th

**Class Fee: \$45 Resident \$54 Non-Resident**

**Fee is Per Class Ages: 13 (with guardian) & Up**

## **Paddleboard Yoga** *(Intermediate Level)*

**5/7 Saturday 11am—1pm**

Registration ends Monday, May 2nd

**5/21 Saturday 11am—1pm**

Registration ends Monday, May 16th

**Class Fee: \$45 Resident \$54 Non-Resident**

**Fee is Per Class Ages: 13 (with guardian) & Up**

## **Registration Information**

[www.LexingtonNC.gov](http://www.LexingtonNC.gov)

**Call 336.248.3960**

## **Parks & Recreation**

Email [TBCurry@LexingtonNC.gov](mailto:TBCurry@LexingtonNC.gov)

**Come Join Us!**

## **Paddleboard & Paddleboard Yoga**

Paddleboard classes are all levels and taught the week before Paddleboard Yoga. Paddleboard Yoga is designed for intermediate level Stand Up Paddleboarding. Students should have prior knowledge of yoga and SUP but not required. Both classes are taught by a certified instructor who will expand participants knowledge, optimize their techniques and improve efficiency of essential paddling and yoga. Paddleboard and gear will be provided. Participants must be able to swim.

*\$5 Discount for  
participants who  
have their own  
board and gear*



**Sign up today!**



*Participants must sign a waiver*

